

PROMEDICA DEFIANCE REGIONAL HOSPITAL

2016 COMMUNITY HEALTH NEEDS ASSESSMENT



Approved and Adopted on December 20, 2016

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I. INTRODUCTION

ProMedica Defiance Regional Hospital, a member of ProMedica health system, is a committed healthcare resource in the northwest Ohio community, providing not only acute care and emergency services, but also specialty medical and mental health services to patients, regardless of ability to pay. ProMedica's Mission is to improve the health and well-being of communities we serve.

ProMedica Defiance Regional Hospital conducted and adopted the current community health needs assessment (CHNA) in 2016 that is based on data collected in the Defiance County Health Assessment (CHA) conducted in 2015. In order to maintain complete objectivity throughout the county CHA survey process, the network engaged the expert services of the Hospital Council of Northwest Ohio to administer the survey and compile the results. One area of weakness of the CHNA was the relative age of available secondary and public health data. Following the formal county assessment survey process, POWER Defiance, comprised of multiple community organizations, collaborated to develop a community health improvement plan (CHIP) for Defiance County, with ProMedica Defiance Regional Hospital represented on this CHIP strategic planning committee. A gap analysis and resource assessment was conducted as part of this process.

Following the Defiance County strategic planning process, ProMedica Defiance Regional Hospital convened a CHNA committee to review the county health assessment and strategic plan, that included gap and resource assessments, select and prioritize key indicators for the defined community, and develop an implementation plan to address these health issues in the community over the next three years.

ProMedica Defiance Regional Hospital will specifically implement programs to address the following health needs, listed in order of priority, and ranked by consensus:

- Obesity
- Mental Health
- Substance Abuse
- Injury Prevention

ProMedica Defiance Regional Hospital will also collaborate with Power Defiance County to support its strategic initiatives. In addition, as part of the ProMedica health system, some community health programs are developed and implemented at the system level, with diabetes, hunger/obesity, infant mortality, and mental health identified as the focal points for 2016.

ProMedica Defiance Regional Hospital CHNA may be accessed at

<https://www.promedica.org/Pages/about-us/default.aspx>.

II. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY SERVICE AREA

The definition of the primary community served by ProMedica Defiance Regional Hospital for this assessment is Defiance County, Ohio. The secondary service areas that are served by the hospital includes Paulding, Henry, Fulton and Williams Counties, located in the northwestern region of Ohio, with a total population estimated at 165,866. ProMedica Defiance Regional Hospital is one of eight acute care hospitals serving these five counties, and one of three hospitals serving Defiance County. ProMedica Defiance Regional Hospital provides acute emergency services, trauma care services, medical and surgical inpatient and outpatient services, as well as mental health and emergency air transport services on its campus. The health statistics and factors for Defiance County were reviewed and used in completing this community health needs assessment.

Demographic review of Defiance County, Ohio, shows that it is home to 38,352 residents. Approximately 5.7% of residents are under 5 years of age, 23.3% of residents were youth under 18 years of age, 59.5% of residents were between the ages of 18 and 64, and 17.2% were age 65 or older. The majority 95.5% of the population is Caucasian, 2.2% are African American, 9.8% are Hispanic, 0.5% Asian and 1.5% are two or more races. The median household income in Defiance County in 2014 dollars was \$48,853. 11.7% of all Defiance County individual residents had an income below the poverty level. (Source: census.gov QuickFacts, V2015).

In 2015, the unemployment rate was 4.9%, with 6% of Defiance County residents uninsured according to the 2015 Defiance County Health Assessment. (Source: www.hcno.org/pdf/counties/DefianceCounty2015HealthAssessment.pdf).

Demographics for the secondary service area counties may be found at the respective state department of health websites, with county health assessments for the contiguous counties found at <http://www.hcno.org/community/reports.html>.

Key demographic trends in Defiance county when compared to national numbers include:

- Lower median household income when compared to national average
- Larger % of the population 65 years of age and over
- Larger % of White not Hispanic population
- Lower % of college educated population (16.3% vs. 29.3%)

Both Defiance & Williams counties have a projected negative growth in total population from 2011 to 2016, -1.8% and -2.5% respectively.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community are listed below in Table 1. Due to the presence of other hospital entities in each of the five counties, ProMedica Defiance Regional Hospital

focuses most of its community health efforts within the eastern Defiance County area – leaving the individual community efforts within the other four counties to the hospitals located in each.

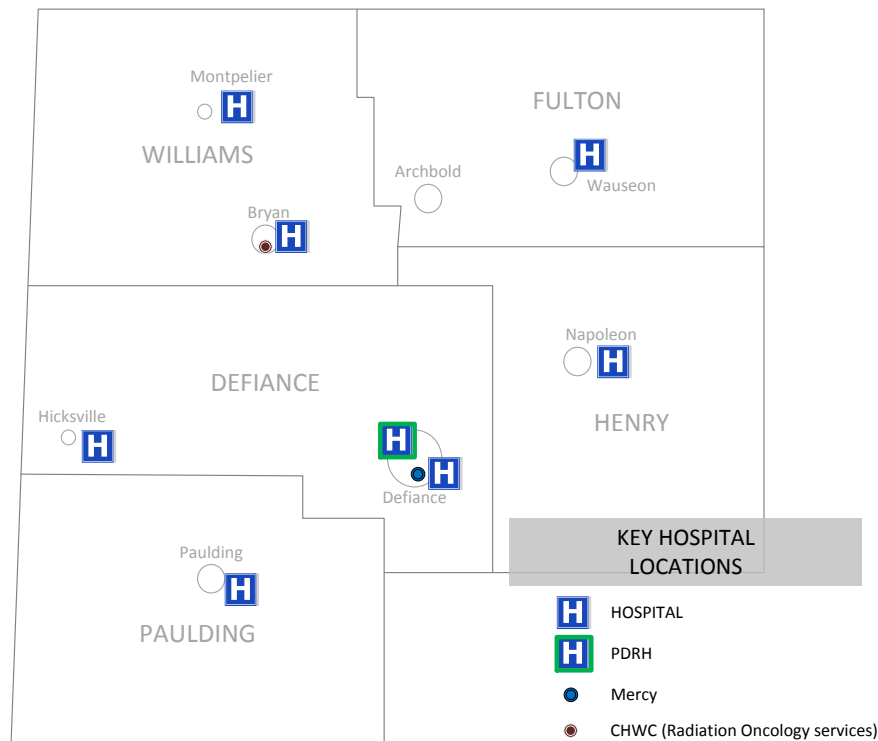


Table 1 - Hospitals Serving the Five County Secondary Service Area	
ProMedica Defiance Regional Hospital	Defiance, OH (Defiance)
Mercy Defiance Hospital	Defiance, OH (Defiance)
Hicksville Community Memorial Hospital	Hicksville, OH (Defiance)
Henry County Hospital	Napoleon, OH (Henry)
Community Hospitals and Wellness Ctrs	Bryan, Montpelier & Archbold, OH (Williams)
Fulton County Health Center	Wauseon, OH (Fulton)
Paulding County Hospital	Paulding, OH (Paulding)

Along with ProMedica Defiance Regional Hospital, the following healthcare resources are available to the service area:

Mercy Defiance Clinic & Mercy Defiance Hospital:

Mercy Defiance Clinic is a multi-specialty group practice consisting of 30 physicians and 270 employees. Effective January 1, 2012, Defiance Clinic joined Mercy and became Mercy Defiance Clinic. Defiance Clinic’s satellite office in Napoleon is Mercy Napoleon Clinic. Mercy Defiance Hospital is now a fully-owned subsidiary of Mercy Health Partners.

Community Hospitals and Wellness Centers (CHWC):

CHWC supports two hospitals which are located in Bryan and Montpelier, and a medical center in Archbold, Ohio all in the Williams County area.

Independent Hospitals:

Henry County Hospital (an affiliate of Mercy Health Systems), Paulding County Hospital and Fulton County Hospital remain independent.

Indiana Hospitals:

Parkview Health & Parkview Physicians' Group operates Midwest Community Health Associates (located in Williams County, Ohio).

Lutheran Health Network, located in Ft. Wayne, IN, is an integrated healthcare delivery system that serves 23 counties in northeastern Indiana and northwestern Ohio including Community Memorial Hospital in Hicksville, Ohio.

ProMedica Defiance Regional Hospital also collaborates with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process include, but are not limited to: American Cancer Society, Center for Child & Family Advocacy, City Council, Defiance College, Defiance Development and Visitors Bureau, Defiance City Schools, Defiance County Commissioners, Defiance County Health District, Family & Children First Council, Four County ADAMhs Board, Four County Family Center, Help Me Grow, Maumee Valley Guidance Center, Mercy Defiance Clinic/Hospital, Ministerial Association, United Way, and Defiance Area YMCA. (Refer to page 15 for a full listing of participating organizations).

III. IMPACT OF PREVIOUS COMMUNITY HEALTH NEEDS ASSESSMENT PLANS

The 2013 Community Health Needs Assessment for ProMedica Defiance Regional Hospital was posted online inviting feedback from the community, with no responses over the past three years. The 2013 Community Health Needs Assessment for ProMedica Defiance Regional Hospital identified several significant health needs. ProMedica Defiance Regional Hospital implemented programs in Defiance County to address these priority needs. An evaluation of the impact those actions have had on the community since 2013 are listed below, in priority order.

1. Youth Mental Health

- The hospital sponsored materials for the annual suicide prevention awareness walk in September 2014 and 2015 (One Step at A Time). 249 walkers/runners from the community participated. It was estimated that 100 flyers were distributed.
- The hospital helped sponsor and participated in the Community Prayer Breakfast with 275 participants who received information about youth suicide prevention and awareness from speaker, Sherri Hammersmith, in May 2014.

- Four (4) of the family practice physicians and all three (3) of the internal medicine physicians provided the PHQ-9 questionnaire to patients during their sports physicals.
- To increase access to mental health care, ProMedica Defiance Regional Hospital hired social workers Ann Mallett and Lucy Moreno and psychiatrist Dr. Brenda Brady to care for children at the hospital. The partial hospitalization program started on March 1, 2016. The program is directed towards adults, however there is discussion in regards to adding an adolescent program in the future.

2. Cancer

- The hospital sponsored an annual breast cancer run/walk, to raise funds for programming, with 157 participants in 2014.
- The hospital's annual discount mammogram program was offered in October providing 24 discounted mammograms in 2014 and 2015; and 25 mammogram screenings were provided under Susan B. Komen Mammogram Grant Program in 2015.
- The hospital sponsored and participated in the Annual Breast Cancer Awareness luncheon with Zonta Fountain to Fountain Program serving and educating 161 participants.

3. Obesity and Hunger

- Meals were provided to 1,241 children and provided 918 backpacks through the Backpack Buddy Program, funded both through an employee United Way donor campaign and the ProMedica Advocacy Fund.
- Implemented and maintained a food at discharge screening program for 288 inpatients that provides emergency food to patients and referrals to local food programs.
- With help from many other community volunteers, the program was able to serve 3,685 nutritious lunches to 549 children and also sent 72 bags of food home for weekend meals.
- Instituted and continued a system wide ban on sugar sweetened beverages, and continue to include healthy options through the hospital's dietary program. Sugar sweetened beverages at hospital discontinued.

4. Access to Care & Transportation

- A steering committee composed of ProMedica Defiance Regional Hospital President, Defiance County United Way, Department of Senior Services, and Keller Logistics, with a focus on community members who have transportation gaps and are in need of medical services and employment opportunities.
- The hospital sponsored the FlexRide Program through the Defiance County United Way which assists eligible community members with rides to and from physician appointments, job interviews, etc. No grants identified to assist in transportation of patients for access to care or applicable grants not available during this time.

- The hospital was involved with implementing a food insecurities program, working with the local business and community stakeholders to ensure eligible community members receive the food they need after discharge to ensure continued health.
- ProMedica submitted grant applications to support increase access to free respite care at Kaitlyn's Cottage, Inc.

5. Community Health Partners Funding

- ProMedica Defiance Regional Hospital worked with the local United Way to develop a "community impact" approach and advocate for prioritization of projects which support the community health needs.
- The hospital provided partial funding for Defiance Public Schools weekend backpack program (see above).

The information above reflects activities that were implemented to address 2013 CHNA hospital priority issues. Additional measure of impact should be reflected in future Defiance County Health Assessments.

IV. COMMUNITY HEALTH NEEDS ASSESSMENT

The ProMedica Defiance Regional Hospital process for identifying and prioritizing community health needs and services included:

- Review of existing primary and second data sources available in Defiance County Health Assessment (CHA);
- Discussion and selection of priority health issues for ProMedica Defiance Regional Hospital community;
- Discussion of gaps and current community resources which address the priority health issues;
- Discussion of effective programs, policies and/or strategies to recommend for implementation plan; and
- Identification of specific implementation action steps for each of next three years

The health areas that were examined by the formal county needs assessment survey include, but are not limited to: health status perceptions, health care coverage, health care access and utilization, cardiovascular health, cancer, diabetes, asthma, arthritis, weight status, tobacco use, alcohol consumption, marijuana and other drug use, women's health, men's health, mental health and suicide, preventive medicine and other health screenings and immunizations, sexual behavior and pregnancy outcomes, perceived quality of life, youth safety, youth violence, youth perceptions, oral health, family functioning, income profiles, and parental health.

DEFIANCE COUNTY HEALTH ASSESSMENT PROCESS

ProMedica Defiance Regional Hospital utilized the data provided in the 2015 Defiance County CHNA as the basis for their community health needs assessment. To begin the formal county assessment process, the Hospital Council of Northwest Ohio Data Division, in conjunction with

the University of Toledo Health and Human Services Department, conducted the formal county health assessment utilizing the following methodology. (Refer to pages 15 for a list of collaborating organizations.)

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Defiance County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

Three survey instruments were designed and pilot tested for this study: one for adults, one for adolescents in grades 6-12, and one for parents of children ages 0-11. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of the survey items for the adolescent survey were derived from the YRBSS. The majority of the survey items for the parents of children 0-11 were derived from the NSCH. This decision was based on being able to compare local data with state and national data. The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Defiance County. During these meetings, banks of potential survey questions from the BRFSS, YRBSS, and NSCH surveys were reviewed and discussed. Based on input from the Defiance County planning committee, the Project Coordinator composed drafts of surveys containing 115 items for the adult survey, 75 items for the adolescent grades 6-12 survey, and 81 items for the 0-11 survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

SAMPLING | Adult Survey

Adults ages 19 and over living in Defiance County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Defiance County. There were 29,434 persons ages 18 and over living in Defiance County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 379 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Defiance County was obtained from Allegra Marketing Services in Louisville, KY.6

SAMPLING | Adolescent Survey A sample size of 349

adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

SAMPLING | 0-11 Survey

Children ages 0-11 residing in Defiance County were used as the sampling frames for the surveys. Using U.S. Census Bureau data, it was determined that 6,340 children age 0-11 reside in Defiance County. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error). Because many of the items were identical between the 0-5 and 6-11 surveys, the responses were combined to analyze data for children 0-11. The sample size required to generalize to children ages 0-11 was 362. The random sample of mailing addresses of parents of children 0-11 from Defiance County was obtained from Allegra Marketing Services in Louisville, KY.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Defiance County. This advance letter was personalized, printed on Live Smart Defiance County Health Partners stationery and was signed by Kimberly Moss, Health Commissioner, Defiance County General Health District. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected

Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Live Smart Defiance County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the mailing was 49% (n=552: CI=± 4.13). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey

The survey was approved by all superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 95% (n=390: CI=± 4.7). 7

EXECUTIVE SUMMARY PROCEDURE | Children 0-5 and 6-11

Prior to mailing the survey to parents of 0-11 year olds, an advance letter was mailed to 1,700 parents in Defiance County. This advance letter was personalized, printed on Live Smart Defiance County Health Partners stationery and was signed by Kimberly Moss, Health Commissioner, Defiance County General Health District. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected. Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Live Smart Defiance County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate was 25% (n=303: CI=± 5.49).

DATA ANALYSIS

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Defiance County, the adult data collected was weighted by age, gender, race, and income using 2010 Census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii of the Defiance County CHNA at www.hcno.org.

LIMITATIONS

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Defiance County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Defiance County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data and NSCH child data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment. Finally, this survey asked parents questions regarding their young children. Should enough parents feel compelled to respond in a socially desirable

manner which is not consistent with reality, this would represent a threat to the internal validity of the results.

CONSULTING PERSONS AND ORGANIZATIONS

The process for consulting with persons representing the community's interests and public health expertise began when local community agencies were invited to participate in the county wide health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports and planning the community event, release of the data and setting priorities. The needs of the population, especially those who are medically underserved, low income, minority populations and populations with chronic disease needs were taken into account.

As evidenced by the list of participating organizations below, **the hospital facility took into account input from persons who represent the community** by participating with other organizations in Defiance County who contracted with the Hospital Council of Northwest Ohio, a non-profit hospital association, located in Toledo, Ohio, to coordinate and manage the county health assessment and strategic planning process. The Hospital Council has been completing comprehensive health assessments since 1999. The Project Coordinator from the Hospital Council of NW Ohio holds a Master's degree in Public Health and conducted a series of meetings with the planning committee from Defiance County.

In addition, ProMedica Defiance Regional Hospital leaders, throughout the process, remained involved with the POWER Defiance County group established to create the Defiance County Community Health Needs Assessment, to review the report data once completed and to author the Community Health Improvement Plan (CHIP). As well, hospital administration maintains contact and involvement with other community agencies and organizations on a regular basis - including an ongoing commitment to having hospital leadership members serve on agency and organization boards.

During the meetings to plan the health needs survey, banks of potential survey questions from the Behavioral Risk Factor Surveillance, Youth Risk Behavior Surveillance, and National Survey of Children's Health surveys were reviewed and discussed. Based on input from the POWER Defiance County planning committee, the Project Coordinator composed drafts of surveys containing 109 items for the adult survey, 83 items for the adolescent survey, 76 items for the 0-5 survey, and 83 items for the 6-11 survey. The drafts were reviewed and approved by health researchers at the University of Toledo.

The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were taken into account. In addition, the organizations that serve these populations participated in the health assessment and community health improvement planning process, such as the American Cancer Society, Ayersville Local Schools, Central Local Schools, City of Defiance, Defiance Area Foundation, Defiance Area YMCA, Defiance City Schools, Defiance County Commissioners, Defiance

County Help Me Grow – Early Intervention, Defiance County Family and Children First Council, the Defiance County General Health District, Defiance County Juvenile Court, Four County Board of Alcohol, Drug Addiction and Mental Health, Four County Family Center, Hicksville Exempted Schools, Hicksville Village, Maumee Valley Guidance Center, Ministerial Association, Northeastern Local Schools, Northwest Ohio Community Action Commission, Recovery Services of Northwest Ohio and the United Way of Defiance County.

ProMedica Defiance Regional Hospital conducted the Defiance County Health Assessment with the following hospitals:

- Mercy Defiance Hospital
- Community Memorial Hospital (Hicksville)

The results of the Defiance County Health Assessment were presented at a county data release event. There were key leaders from the community that represented public health, law enforcement, schools, churches, local officials, social service agencies and other various community members in attendance at the public release of the community health assessment. At the event, community participants were invited to join the community health improvement planning (CHIP) process to complete the strategic plan for the county.

DEFIANCE COUNTY STRATEGIC PLANNING PROCESS

Since 1997, Defiance County has conducted community health assessments (CHA) for the purpose of measuring and addressing health status. The most recent Defiance County Health Assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Defiance County. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS) and the National Survey of Children's Health (NSCH) developed by the Child and Adolescent Health Measurement Initiative. This has allowed Defiance County to compare the data collected in their CHA to national, state and local health trends.

Defiance County CHA also fulfills national mandated requirements for the hospitals in our county. H.R. 3590 Patient Protection and Affordable Care Act states that in order to maintain tax-exempt status, not-for-profit hospitals are required to conduct a community health needs assessment at least once every three years, and adopt an implementation strategy to meet the needs identified through the assessment.

From the beginning phases of the Defiance County CHA, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the project. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. ProMedica Defiance Regional Hospital participated in all aspects of the Defiance County CHA.

The Defiance County Health Assessment (CHA) has been utilized as a vital tool for creating the Defiance County Community Health Improvement Plan (CHIP). The Public Health Accreditation Board (PHAB) defines a CHIP as "a long-term, systematic effort to address health problems on the basis of the results of assessment activities and the community health improvement process. This plan is used by health and other governmental education and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A CHIP is critical for developing policies and defining actions to target efforts that promote health. It should define the vision for the health of the community inclusively and should be done in a timely way."

To facilitate the Community Health Improvement Process, the Defiance County Health Department along with the local hospitals, invited key community leaders to participate in an organized process of strategic planning to improve the health of residents of the county. The National Association of City County Health Officer's (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP), was used throughout this process.

The MAPP Framework includes six phases which are listed below:

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing, and evaluation

The MAPP process includes four assessments: Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment and the Community Health Status Assessment. These four assessments were used by the POWER Defiance County collaborative to prioritize specific health issues and population groups that were the foundation of this plan. The diagram below illustrates how each of the four assessments contributes to the MAPP process.



The Defiance County Strategic Planning process and groups included input from persons who represent the community. Collaborating participants included:

American Cancer Society
Center for Child & Family Advocacy
City Council, Defiance College & Pastoral
Community Memorial Hospital
Defiance Development and Visitors Bureau
Defiance City Administration
Defiance City Schools
Defiance County Commissioner Office
Defiance County Health District
Defiance County Juvenile Court
Family & Children First Council
Four County ADAMhs Board
Four County Family Center
Help Me Grow
Hicksville Community Center
Hicksville Village Office
Law Enforcement
Maumee Valley Guidance Center
Mercy Defiance Clinic/Hospital
Migrant Health Promotion
Ministerial Association
ProMedica Defiance Regional Hospital
United Way
YMCA

Many of these organizations have representative with expertise in Public Health. In addition, this county strategic planning process was facilitated by Britney Ward, MPH, Assistant Director of Health Planning, and Michelle Von Lehmden, Health Assessment Coordinator, both from the Hospital Council of Northwest Ohio. ProMedica Defiance Regional Hospital staff participated in

the development of the community-wide survey and community benefit plan for Defiance County.

The Defiance County CHIP strategic plan was written based on the conclusions and recommendations of all participating organizations. The POWER Defiance County Strategic Plan was approved in May of 2015. ProMedica Defiance Regional Hospital participated in the development of this community-wide community benefit plan.

V. DEFIANCE COMMUNITY HEALTH NEEDS & PRIORITIES

Many identified health needs are addressed by physicians at the time of related patient visits. Key findings that were identified in the Defiance County Health Assessment include the following (Note: percentages in parentheses are data from the previous 2012 county survey, that may be used for comparison to current data):

- Health Care Access
 - 6% (10%) of adults were without health care coverage
- Cardiovascular Health
 - Heart disease and stroke accounted for 20% (31%) of all adult deaths
- Cancer
 - Cancer was the second leading cause of death in the county – 16% (17%) lung cancer
- Diabetes
 - Diabetes has been diagnosed in 9% (12%) of adults and is the 6th leading cause of death
- Arthritis
 - 18% of adults were diagnosed with arthritis vs. 31% in Ohio and 26% in the U.S.
- Asthma
 - 9% (12%) of Defiance County adults had been diagnosed with asthma
- Obesity
 - 36% (35%) of adults were obese based on BMI vs. 30% in Ohio and 29% in the U.S.
- Tobacco Use
 - 15% (18%) of adults were current smokers (vs. 21% in 2008)
- Alcohol and Drug Use
 - 44% (20%) of adults were binge drinkers
- Adult Marijuana and Other Drug Use

- 4% of adults had used marijuana during the past 6 months, 3% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert in the past 6 months
- Women's Health
 - 66% (56%) of Defiance County women over the age of 40 reported having a mammogram in the past year.
 - 57% (53%) of Defiance County women ages 40 and over have had a clinical breast exam
 - 43% (74%) of Defiance County women have had a Pap smear to detect cancer of the cervix in the past year – new cancer screening guidelines now indicate a pap smear is needed only every 3 years following a normal pap smear
- Men's Health
 - 50% (50%) of Defiance County males over the age of 50 had a Prostate-Specific Antigen (PSA) test
- Preventive Medicine
 - 51% (47%) of adults ages 50 or over have had a colonoscopy or sigmoidoscopy in the past 5 years
- Adult Sexual Behavior
 - 4% (4%) of adults had more than one partner. Young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs and 1 in 4 sexually active adolescent females have had an STD
- Infant Mortality Rate – 6.8
- Quality of Life
 - 39% of adults were limited in some way because of a physical, mental or emotional problem
- Social Issues
 - 7% (6%) of Defiance County adults were abused in the past year. 58% of adults reported having firearms in and around their homes
- Mental Health
 - 4% (2%) of Defiance County adults considered attempting suicide;
 - 14% of adults of adults had a period of two or more weeks when they felt so worried, tense or anxious nearly every day that they stopped doing usual activities
- Oral Health

- 65% (65%) of Defiance County adults had visited a dentist or dental clinic in the past year vs. 67% of U.S. adults and 68% of Ohio (2012);
- 76% of youth in grades 6-12 had visited a dentist in the past year vs. 75% in Ohio
- Youth Weight
 - 18% (15%) of Defiance County youth were obese, according to BMI by age
- Youth Tobacco Use
 - 8% (11%) of Defiance County youth in grades 6-12 were smokers, increasing to 13% (21%) of those who were over the age of 17.
 - In the past 30 days, 3% of youth used chewing tobacco or snuff, (2103 YRBS reported 9% for both Ohio and the U.S.).
- Youth Alcohol and Drug Use
 - 35% (14%) of those 6th-12th graders who drank, took their first drink at 12 years old or younger
 - 20% (24%) of all Defiance County youth and 34% (36%) of those over the age of 17 had at least one drink in the past 30 days
 - 48% (56%) of the 7th -12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking
 - 2% (7%) of all youth drivers had driven a car in the past month after they had been drinking alcohol
 - 9% (8%) of all Defiance County youth had used marijuana at least once in the past 30 days, increasing to 15% of high school youth
 - 9% (12%) of 7th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high, increasing to 15% over the age of 17
- Youth Sexual Behavior
 - 23% (28%) of youth have had sexual intercourse, increasing to 42% (56%) of those ages 17 and over; 22% (28%) of youth had participated in oral sex, 7% (9%) had participated in anal sex, and 22% (24%) of youth participated in sexting
 - Of those who were sexually active, 53% (16%) had multiple sexual partners.
- Youth Mental Health
 - 15% (15%) of Defiance County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% (5%) admitted actually attempting suicide in the past year.

- Youth Safety
 - 13% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 2% of youth drivers had driven after drinking alcohol
 - 43% of youth drivers texted while driving
 - 18% of youth reported that they had suffered a blow or jolt to the head while playing with a sports team which caused them to get “knocked out,” have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting, increasing to 24% of high school youth and 27% of those ages 17 and older
- Youth Violence
 - 26% of youth had been involved in a physical fight in the past year
 - 11% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months
 - 49% of youth had been bullied in the past year and 31% had been bullied on school property
- Child Health and Functional Status
 - 23% of children were classified as obese by Body Mass Index (BMI) calculations
 - 78% of Defiance County parents had taken their child ages 0-11 to the dentist in the past year
 - 7% of Defiance County parents reported their child ages 0-11 had been diagnosed with asthma
 - 6% of parents reported their child had been diagnosed with ADD/ADHD.
- Child Health Insurance, Access and Utilization
 - 1% of Defiance County parents reported their 0-11 year old did not have health insurance
 - 22% of parents reported they had taken their child to the hospital emergency room in the past year
 - 72% of parents had taken their child to the doctor for preventive care in the past year.
- Early Childhood (0-5 years old) – The following information was reported by parents of 0-5 year olds
 - 90% of mothers got prenatal care within the first three months during their last pregnancy
 - 6% of mothers smoked during their last pregnancy
 - 61% of parents put their child to sleep on his/her back (a basic Safe Sleep recommendation)

- 25% of mothers never breastfed their child
- Middle Childhood (6-11 years old) – The following information was reported by Defiance County parents of 6-11 year olds.
 - In 2015, 67% of Defiance County parents reported their child always feels safe at school
 - 44% of parents reported their child was bullied at some time in the past year
 - 85% of parents reported their child participated in extracurricular activities
 - 23% of parents reported their child had an email or a social network account
- Family Functioning, Neighborhoods and Community Characteristics
 - 71% of Defiance County parents reported their 0-11 year old child slept 10-11 hours per night
 - 95% of parents reported their neighborhood was always or usually safe enough for their child to go out and play
 - 1% of parents reported there was an unlocked and loaded firearm in their home
 - 8% of parents reported they received benefits from the SNAP/food stamps program.
- Parent Health
 - 10% of Defiance County parents were uninsured
 - 38% of parents were overweight and 31% were obese
 - Parents missed work an average of 2.2 days per year due to their child being ill or injured

The POWER Defiance County collaborative, using the Defiance County Health Assessment, prioritized the following health issues, as indicated in Table 2 below, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Defiance County residents. In some areas of identified need, ProMedica is already taking a system approach and collaborates with organizations to address some community health needs, to most efficiently use resources and to prevent duplication of services

Table 2 - Defiance County Strategic Plan Priorities	Lead Coalition or Organizations Addressing the Issue
Priority #1: Decrease obesity among adults and youth	
• Implement a Healthier Choices Campaign (including OHA Healthy Hospitals Initiative)	Defiance County Health District ProMedica Defiance Regional Hospital Mercy Defiance Hospital and Clinic
• Increase Opportunities for Students to Engage in Physical Activity & Decrease Sedentary Behavior	Defiance County Health District YMCA Ministerial Association
• Implement a Healthier Vending Campaign	Defiance County Health District ProMedica Defiance Regional Hospital Mercy Defiance Hospital and Clinic

	Community Memorial Hospital (Hicksville)
Distribute Wellness Community Guide & Calendar	Defiance Development & Visitors Bureau Defiance City Council Defiance College
Increase Businesses/Organizations Providing Wellness Programs & Insurance Incentive Programs to Their Employees	ProMedica Defiance Regional Hospital Mercy Defiance Hospital and Clinic
Build and Expand Community Gardens	United Way Ministerial Association Defiance Development and Visitors Bureau
Priority #2: Increase Mental Health Services	
Increase Awareness of Available Mental Health Services	Four County Family Center Four County ADAMhs Board Family & Children First Council
Expand Evidence-Based Programs Targeting Youth	Four County Family Center Maumee Valley Guidance Center
Increase the Number of Primary Care Physicians Screening for Depression During Office Visits	Four County Family Center Four County ADAMhs Board ProMedica Defiance Regional Hospital Mercy Defiance Hospital
Priority #3: Decrease Youth Bullying	
Implement the Olweus Prevention Program in Defiance County Schools	Center for Child and Family Advocacy
Implement Parent Project	Center for Child and Family Advocacy Defiance County Juvenile Court
Strategy #4: Decrease Youth Alcohol Use	
Secure a Drug Free Communities (DFC) Grant	Migrant Health Promotion Defiance County Health District Family and Children First Council
Implement Parent Project	Center for Child and Family Advocacy Defiance County Juvenile Court
Implement Awareness of Available Programs	Recovery Services of Northwest Ohio
Trans-Strategies	
Implement a Transportation System	United Way
Determine Future Funding Criteria	ProMedica Defiance Regional Hospital Mercy Defiance Hospital

ProMedica participates with many of the above organizations addressing these health issues that may include financial support.

DEFIANCE COUNTY – HEALTH ISSUES FOR UNINSURED, LOW INCOME AND MINORITY GROUPS

Due to the relatively small percentage of non-white population in Defiance County (African American – 2.2%, Hispanic – 9.8%, Asian – .5%), this did not allow for specific generalizations for minority populations. Continued focus will be placed on low income, uninsured and underinsured populations for planning purposes, to include the highest at risk populations. Primary and chronic disease needs and other health issues were more problematic for uninsured, those under age 30 and low-income (income < \$25,000) adults in most areas surveyed.

Primary and chronic disease needs and other prevalent health issues of persons with incomes of less than \$25,000 include: lack of health care insurance, weight control, and ability to meet general daily needs. The chronic disease prevalence among Defiance County adults with incomes less than \$25,000 were: high blood pressure (33%), diabetes (19%), asthma (6%), and depression (24%).

Six percent of Defiance County adults were uninsured at the time of the survey with 20% of adults with an income less than \$25,000 uninsured, which has doubled since the 2012 Defiance County CHA. Defiance County adults who were uninsured reported that the reason they were without health care coverage was that they had lost their job or changed employers (43%), that they could not afford to pay the out-of-pocket expenses or pay the insurance premiums (22%), they became a part-time/temporary employee (17%).

Table 3 – Health Issue	Low Income (<\$25,000)	Defiance County 2015
Rate health as fair/poor	20%	12%
Uninsured	20%	6%
Reported feeling sad, blue or depressed nearly every day for 2 weeks	24%	16%
Current Smoker	14%	15%
Used marijuana in the past 6 months	1%	4%
Overweight by BMI	20%	34%
Obese by BMI	42%	36%
Eating 5+ fruits & vegetables/day	--	6%
Diagnosed with High Blood Pressure	33%	34%
Diagnosed with Diabetes	19%	9%
Needed help meeting their general daily needs such as food, clothing, shelter, or paying utility bills in the last 30 days	25%	11%
Have 2 or more sexual partners	4%	4%
Diagnosed with Asthma	6%	12%
Diagnosed with Cancer	--	8%
Visited a dentist in the past year	56%	65%
Adults who visited Emergency Room in last year	41%	29%

The POWER Defiance County committee concluded that key leadership in Defiance County should be made aware of the links between economic stability and health status and that progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Defiance County residents.

DEFIANCE COUNTY - INFORMATION GAPS

The knowledge base of 24 different agencies collaborated to perform this gap analysis. The group identified the types and services currently offered, the populations served by those resources, and how or if these services were evaluated for effectiveness. Gaps in coverage as related to the primary health issues were noted, and included gaps related to community,

individuals, schools, or families. For each gap identified, a review of the current community resources was completed. A strong adherence to evidence based management was emphasized.

Although the formal county health assessment provided sufficient primary data, some secondary and public health data is outdated (2010-2013) and therefore leaves gaps in measurement about the recent impact of community activities on key health indicators.

VI. HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

Following the Defiance County strategic planning process, ProMedica Defiance Regional Hospital leadership convened a CHNA committee to thoroughly review the county assessment data, prioritize key health indicators specific to their demographic, identify available resources and gaps in resources, and develop implementation plans to address the specific needs of the population. This process included a review of leading causes of death for Defiance County.

**Table 4 - Defiance County Leading Causes of Death
2013 (Preliminary)**

1. Heart Disease (17% of all deaths)
2. Cancers (13% of all deaths)
3. Chronic Lower Respiratory Diseases (6% of all deaths)
4. Alzheimer's disease (5% of all deaths)
5. Stroke (3% of all deaths)

(Source: ODH Information Warehouse, 2013)

Prioritization of health needs in its community was accomplished by the ProMedica Defiance Regional Hospital CHNA committee that included: Director of Medical/Surgical Unit, the Unit Coordinator of Emergency Center and Trauma Care Services and the Executive Assistant to the President. The ProMedica Defiance Regional Hospital CHNA committee developed the hospital CHNA, following the Defiance County CHIP Strategic Planning process, through the following steps:

- Review of existing Defiance County Health Needs Assessment and CHIP plan, that also addressed related resources, gaps and related effective programs, policies and strategies;
- Discussion and selection of priority health issues for ProMedica Defiance Regional Hospital with the Senior Leadership Team;
- Development of hospital CHNA and implementation plan; and
- Board discussion and approval of hospital CHNA and implementation plan for the next three years.

Although some areas of the Defiance County Strategic Plan were not identified as part of the ProMedica Defiance Regional Hospital plan, ProMedica participates in many areas of the county plan, as indicated in Table 2, through various community health coalitions and initiatives.

ProMedica Defiance Regional Hospital focused on other areas of need, indicative to health, as discussed below.

VII. HOSPITAL COMMUNITY HEALTH NEEDS & PRIORITIES

Following the review and discussion of the health data and community priorities, as well as organizational and community programs to address these community needs, ProMedica Defiance Regional Hospital identified the following health priorities, listed in order of priority:

1. Obesity

- The 2015 Health Assessment identified that 70% of Defiance County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (36%) of Defiance County adults were obese. 18% of Defiance County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 32% of youth reported that they were slightly or very overweight. 23% of children were classified as obese by Body Mass Index (BMI) calculations.

Adult Weight Status

- In 2015, the health assessment indicated that more than two-thirds (70%) of Defiance County adults were either overweight (34%) or obese (36%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (43%) of adults were trying to lose weight, 33% were trying to maintain their current weight or keep from gaining weight, and 3% were trying to gain weight.
- Defiance County adults did the following to lose weight or keep from gaining weight: exercised (47%), ate less food, fewer calories, or foods low in fat (46%), ate a low-carb diet (11%), participated in a prescribed dietary or fitness program (2%), smoked cigarettes (2%), used a weight loss program (1%), took diet pills, powders or liquids without a doctor's advice (1%), took prescribed medications (1%), went without eating 24 or more hours (<1%), and vomited or took laxatives (<1%).
- In Defiance County, 50% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 30% of adults were exercising 5 or more days per week. Nearly one-third (32%) of adults were not participating in any physical activity in the past week, including 4% who were unable to exercise.
- Defiance County adults spent the most time doing the following physical activities in the past year: walking (41%), multiple types (17%), exercise machines (7%), running/jogging (7%), strength training (3%), cycling (1%), swimming (<1%), and other activities (7%). 17% of adults did not exercise at all, including 2% who were unable to do so.

- Reasons for not exercising included: time (29%), weather (24%), too tired (18%), laziness (17%), chose not to exercise (12%), pain or discomfort (9%), could not afford a gym membership (8%), no gym available (3%), no walking or biking trails (2%), did not have child care (2%), safety (1%), no sidewalks (1%), did not know what activities to do (1%), doctor advised them not to exercise (1%), and other reasons (3%).
- In 2015, 6% of adults were eating 5 or more servings of fruits and vegetables per day. 90% were eating between 1 and 4 servings per day.
- Defiance County adults reported the following reasons they chose the types of food they ate: taste (61%), enjoyment (54%), cost (49%), ease of preparation (38%), availability (37%), healthiness of food (36%), food they were used to (29%), time (28%), what their spouse prefers (22%), nutritional content (21%), calorie content (18%), what their child prefers (7%), if it is organic (7%), if it is genetically modified (5%), gluten free (3%), health care provider's advice (3%), other food sensitivities (3%), and other reasons (1%).
- Adults ate out in a restaurant or brought home take-out food an average of 2.3 times per week.

Youth Weight Status

- In 2015, 18% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 16% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 62% were normal weight, and 4% were underweight.
- 32% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).
- Nearly half (46%) of all youth were trying to lose weight, increasing to 60% of Defiance County female youth (compared to 32% of males) (2013 YRBS reported 47% for Ohio and 48% for the U.S.).
- 12% of Defiance County youth ate 5 or more servings of fruits and vegetables per day. 85% ate 1 to 4 servings of fruits and vegetables per day.
- Defiance County youth reported eating out in a restaurant or bringing food home to eat an average of 2.3 times in a typical week.
- In the past month, youth reported they went to bed hungry because there was not enough food in their home: sometimes (7%), most of the time (2%), and always (1%). 90% of youth reported they rarely or never went to bed hungry.
- 75% of Defiance County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 55% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 31% did so every day in the past week (2013 YRBS reports 26% for Ohio and 27% for the U.S.). 11% of youth did not

participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 15% for the U.S.).

- Defiance County youth spent an average of 3.4 hours on their cell phone, 1.6 hours watching TV, 1.8 hours on their computer/tablet and .09 hours playing video games on an average day of the week.
- Nearly one-quarter (23%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).
- 94% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (62%), exercising (outside of school) (49%), school club or social organization (36%), church youth group (35%), church or religious organization (33%), part-time job (23%), caring for siblings after school (19%), volunteering in the community (17%), babysitting for other kids (15%), caring for parents or grandparents (4%) or some other organized activity (Scouts, 4H, etc.) (17%).

Child Weight Status

- About one-quarter (23%) of children were classified as obese by Body Mass Index (BMI) calculations. 17% of children were classified as overweight, 55% were normal weight, and 4% were underweight.
- 11% of Defiance County children ate 5 or more servings of fruits and vegetables per day. 86% ate 1 to 4 servings of fruits and vegetables per day.
- Defiance County children spent an average of 2.2 hours watching TV, 1.4 hours on the computer/tablet/cellphone, and 0.9 hours playing video games an average day of the week.

2. Mental Health

- In 2015, 4% of Defiance County adults considered attempting suicide. 14% of adults had a period of two or more weeks when they felt so worried, tense or anxious nearly every day that they stopped doing usual activities. 15% of Defiance County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% admitted attempting suicide in the past year.

Adult Mental Health

- In the past year, 14% of Defiance County adults had a period of two or more weeks when they felt so worried, tense or anxious nearly every day that they stopped doing usual activities.
- 16% of adults had a period of two or more weeks when they felt sad, blue or depressed nearly every day, increasing to 24% of those with incomes less than \$25,000.
- 4% of Defiance County adults considered attempting suicide in the past year.

- One percent (1%) of adults reported attempting suicide in the past year.
- 16% of Defiance County adults looked for a program or service to help with depression, anxiety or emotional problems. Of those who looked, 87% found a program, and 13% did not find a program to help with depression, anxiety or emotional problems.
- Defiance County adults reported they or a family member had been diagnosed with or treated for the following mental health issues: depression (41%), anxiety or emotional problem (29%), anxiety disorder (27%), attention deficit disorder (17%), bipolar (11%), developmental disability (7%), illicit drug abuse (5%), psychotic disorder (5%), post-traumatic stress disorder (5%), life adjustment disorder (4%), and another mental health disorder (4%). 25% of adults indicated they or a family member had taken medication for a mental health issue, and 8% had been hospitalized for a mental health issue.

Youth Mental Health

- Nearly one-quarter (23%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 29% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- 15% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 18% of females (2013 YRBS rate of 17% for U.S. youth and 14% for Ohio youth).
- In the past year, 5% of youth had attempted suicide, increasing to 9% of females. 3% of youth had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 6% rate for Ohio youth.
- 14% of Defiance County youth stated that they would be very likely to seek help if they were feeling depressed or suicidal. 11% reported that it would be very unlikely they would seek help.
- Defiance County youth reported the following causes of anxiety, stress and depression: academic success (46%), fighting with friends (40%), sports (37%), self-image (32%), fighting at home (32%), death of close family member or friend (30%), peer pressure (29%), breakup (29%), dating relationship (26%), being bullied (25%), parent divorce/separation (18%), poverty/no money (15%), caring for younger siblings (14%), alcohol or drug use at home (9%), ill parent (7%), parent lost their job (7%), not feeling safe at home (7%), parent with a mental illness (7%), not having enough to eat (6%), sexual orientation (6%), parent/caregiver with a substance abuse problem (5%), not having a place to live (4%), family member in the military (3%), not feeling safe in the community (3%), and other stress at home (26%).
- Defiance County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (48%), hobbies (42%), texting someone (38%), exercising (31%), praying (29%), talking to a peer (29%), talking to someone in their family (26%), eating

(24%), using social media (18%), reading the Bible (13%), breaking something (12%), shopping (10%), writing in a journal (10%), self-harm (9%), talk to a counselor /teacher (7%), drinking alcohol (6%), using illegal drugs (5%), using prescribed medication (5%), smoking/using tobacco (4%), vandalism/violent behavior (4%), talking to a medical professional (4%), harming someone else (2%), gambling (1%), and using un-prescribed medication (1%). 14% of youth reported they did not have anxiety, stress, or depression.

- When Defiance County youth are dealing with feelings of depression or suicide, they usually talk to the following: best friend (28%), girlfriend/boyfriend (14%), parent/guardian (17%), brother/sister (8%), adult friend (6%), adult relative (5%), caring adult (5%), teacher (3%), professional counselor (3%), pastor/priest/religious leader (3%), school counselor (2%), youth minister (2%), Teen Line or First Call for Help (1%), and someone else (6%). 15% of youth reported they talked to no one.

3. Substance Abuse

Adult Alcohol Consumption

- In 2015, 49% of the Defiance County adults had at least one alcoholic drink in the past month, increasing to 56% of males and 64% of those under the age of 30. The 2013 BRFSS reported current drinker prevalence rates of 53% for Ohio and 55% for the U.S.
- One-in-ten (10%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Defiance County adults drank 2.5 drinks on average, increasing to 2.9 drinks for those with incomes less than \$25,000.
- Almost one-quarter (23%) of Defiance County adults were considered binge drinkers. The 2013 BRFSS reported binge drinking rates of 17% for both Ohio and for the U.S.
- 44% of those current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.

Adult Tobacco Use

- The 2015 health assessment identified that more than one-in-seven (15%) Defiance County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2013 BRFSS reported current smoker prevalence rates of 23% for Ohio and 19% for the U.S.
- More than one-fifth (21%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2013 BRFSS reported former smoker prevalence rates of 25% for both Ohio and the U.S.
- Defiance County adults used the following tobacco products in the past year: cigarettes (24%), chewing tobacco (7%), e-cigarettes (6%), cigars (3%), snuff (2%), hookah (2%),

Black and Milds (1%), little cigars (1%), snus (1%), swishers (1%), flavored cigarettes (1%), and pipes (1%).

Adult Drug Use

- 4% of Defiance County adults had used marijuana in the past 6 months, increasing to 5% of those with incomes more than \$25,000.
- <1% of Defiance County adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- 3% of adults had used medications not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 7% of those over the age of 65.

Youth Alcohol Consumption

- In 2015, the Health Assessment results indicated that half (50%) of all Defiance County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 69% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- One-fifth (20%) of youth had at least one drink in the past 30 days, increasing to 34% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Of those who drank, 48% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition.
- Based on all youth surveyed, 10% were defined as binge drinkers, increasing to 17% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- Defiance County youth drinkers reported they got their alcohol from the following: a parent gave it to them (29%), someone gave it to them (24%)(2013 YRBS reports 38% for Ohio and 42% for the U.S.), someone older bought it (14%), an older friend or sibling bought it (13%), gave someone else money to buy it (12%), took it from a store or family member (12%), a friend's parent gave it to them (10%), bought it at a restaurant/bar/club (3%), bought it in a liquor store/ convenience store/gas station (1%), bought it at a public event (1%), bought it with a fake ID (1%), and some other way (24%).

Youth Tobacco Use

- The 2015 health assessment indicated that 23% of Defiance County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- 4% of all youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBS reported 9% for the U.S.).

- In 2015, 8% of youth were current smokers, having smoked at some time in the past 30 days, increasing to 13% of youth ages 17 and older (2013 YRBS reported 15% for Ohio and 16% for the U.S).
- Defiance County youth used the following forms of tobacco the most in the past year: e-cigarette (12%), cigarettes (12%), hookah (7%), Black and Mild's (6%), cigars (5%), swishers (4%), chewing tobacco or snuff (4%), cigarillos (4%), flavored cigarettes (2%), snus (1%) and bidis (1%). No one reported using dissolvable tobacco products or little cigars.

Youth Drug Use

- In 2015, 9% of Defiance County youth had used marijuana at least once in the past 30 days, increasing to 15% of high school youth. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 9% of youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 15% of those over the age of 17.
- Youth who misused prescription medications got them in the following ways: a friend gave it to them (37%), a parent gave it to them (33%), they took it from a friend or family member (23%), bought it from a friend (16%), bought it from someone else (9%), got it on the internet (5%), and another family member gave it to them (2%),
- During the past year, youth reported that someone had offered, sold, or given them an illegal drug in the following places: at a party (11%), on school property (4%), (2013 YRBS reports 20% for Ohio and 22% for the U.S.), on public property (4%), close to school grounds, but on a nearby public street (2%), and at a school sporting event (2%).

4. Injury Prevention

- Defiance County adults had fallen in the past 6 months due to the following: same-level fall (slipping, tripping or stumbling) (14%), stairs (2%), shower (<1%), ladders (<1%), and some other way/place (3%). 49% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, decreasing to 29% of those children ages 6-11 years old.

Adult Safety

- Defiance County adults had fallen in the past 6 months due to the following: same-level fall (slipping, tripping or stumbling) (14%), stairs (2%), shower (<1%), ladders (<1%), and some other way/place (3%).
- One-quarter (25%) of Defiance County adults 65 and older had fallen in the past 6 months due to the following: same-level fall (slipping, tripping or stumbling) (17%),

stairs (1%), shower (1%), ladders (1%), and some other way/place (8%). 3% of Defiance County adults ages 65 and older have fallen more than once.

- 58% of Defiance County adults had firearms in or around their home for the following reasons: hunting or sport (42%), protection (33%), work (2%), and some other reason (5%).
- Defiance County adults reported doing the following while driving: eating (53%), talking on hand-held cell phone (49%), talking on hands-free cell phone (19%), not wearing a seatbelt (15%), texting (14%), using internet on their cell phone (7%), being under the influence of alcohol (5%), checking Facebook on their cell phone (5%), reading (1%), being under the influence of drugs (1%), and other activities (such as applying makeup, shaving, etc.) (2%).
- 2% of adults reported they or a family member contacted the poison control hotline or had gone to the emergency room for a potential poisoning in the past year.
- Defiance County adults reported always wearing a helmet while riding the following: snowmobile (88%), motorcycle (20%), ATV (17%), and bike (7%).
- Defiance County adults reported never wearing a helmet while riding the following: bike (81%), ATV (51%), and motorcycle (33%).

Youth Safety

- 7% of Defiance County youth rarely or never wore a seatbelt when riding in a car driven by someone else (2013 YRBS reported 8% for both Ohio and the U.S.). 54% reported they always wore a seatbelt.
- In the past 30 days, 13% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.) and 2% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- Defiance County youth always wore a helmet when they rode the following in the past year: a motorcycle or dirt bike (13%), a snowmobile (10%), an ATV (8%), and a bicycle (3%)
- Defiance County youth never wore a helmet when they rode the following in the past year: a bicycle (58%), an ATV (19%), a motorcycle or dirt bike (11%) and snowmobile (6%).
- Defiance County youth drivers did the following while driving in the past month: wore a seatbelt (74%), talked on their cell phone (51%), ate (49%), texted (43%), used the internet on their cell phone (21%), used cell phone for other things (13%), checked Facebook on their cell phone (8%), played electronic games on cell phone (4%), applied

makeup (4%), drank alcohol (3%), used illegal drugs (3%), read (2%) and misused prescription drugs (1%).

- 18% of youth reported that they had suffered a blow or jolt to the head while playing with a sports team which caused them to get “knocked out,” have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting, increasing to 24% of high school youth and 27% of those ages 17 and older (2013 YRBS reported 12% for Ohio).
- More than two-thirds (69%) of Defiance County youth reported there was a firearm in or around their home. 1% of youth reported they were unlocked and loaded.
- 91% of youth had a Twitter, Instagram, Facebook, online gaming, or other social network account.

Child Safety

- When asked how parents put their child to sleep as an infant, 61% said on their back, 10% said on their side, 10% said in bed with them or another person, 8% said on their stomach, and 5% said various methods.
- Children were put to sleep in the following places: pack n’ play (56%), crib/bassinette without bumper, blankets, or stuffed animals (50%), crib/bassinette with bumper, blankets, or stuffed animals (47%), in bed with parent or another person (42%), swing (39%), car seat (31%), floor (15%), couch or chair (11%).
- 49% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, decreasing to 29% of those children ages 6-11 years old.
- Parents reported their child always wore a helmet when riding the following: ATV (18%), a scooter/bike (14%), rollerblades/skates (3%), and a skateboard (3%).
- Parents reported their child never wore a helmet when riding the following: rollerblades/skates (12%), a scooter/bike (31%), a skateboard (12%), and an ATV (8%).

ProMedica Defiance Regional Hospital is represented and is participating in the execution of the community-wide community benefit plans by working with POWER Defiance County, and organizations and coalitions in the community who are addressing these issues, as well implementing hospital plans to support these initiatives (see Table 2).

VIII. COMMUNITY UNMET NEEDS, GAPS AND RESOURCE ASSESSMENT

ProMedica Defiance Regional Hospital did not **address all of the needs identified in the most recently conducted Defiance County Health Needs Assessment** as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community

organizations and coalitions. The POWER Defiance County gap analysis documented the community organization and coalitions with programs meeting identified focus areas.

With that being said, ProMedica Defiance Regional Hospital maintains an awareness of the primary health issues identified for the county, and demonstrates a willingness to partner as needed on these endeavors. While many of these issues are best handled by organizations specifically targeted to the problem area, the hospital participates with many of these coalitions through representation, funding, or a combination of both. Table 2 lists the community wide organizations and coalitions addressing the prioritized Defiance County strategic plan issues.

Areas exist within the primary health issues for ProMedica Defiance Regional Hospital to take a strategic lead. The health initiative to decrease obesity among adults and youth provides an excellent opportunity for the hospital. ProMedica Defiance Regional Hospital will continue the work of its dietitians, the healthy preparation and selection of its cafeteria foods, and its ‘Sugar Free’ policy regarding soft drinks and juices. Regarding youth mental health issues, there currently are no in-patient treatment resources for teens within the Defiance County area. ProMedica Defiance Regional Hospital, with its highly successful psychiatric service program, is in a position to investigate options to resolve this gap.

IX. HOSPITAL IMPLEMENTATION STRATEGY SUMMARY

Following the finalization of the POWER Defiance County CHIP strategic plan, ProMedica Defiance Regional Hospital commenced with the CHNA strategic planning process, whereby it analyzed and discussed data, prioritized community health needs, developed hospital-based implementation and action plans, including annual goals - taking into consideration the county strategic plan, as well as areas not addressed by the community plan or other community groups.

ProMedica Defiance Regional Hospital identified the following health priorities (listed in order of importance):

- Obesity
- Mental Health
- Substance Abuse
- Injury Prevention

In addition to the above hospital specific strategies, ProMedica Defiance Regional Hospital will continue to collaborate with POWER Defiance County to support its initiatives.

The implementation plans for these priorities include specific programs and measurements that and progress will be reported at least annually to leadership and the Board of Trustees.

ProMedica Defiance Regional Hospital will not address all of the needs identified in the most recently conducted Defiance County Health Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all of the needs identified

through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed with, or by, other community agencies and coalitions across Defiance County that are listed in table 2. Many health issues are addressed by physicians at a related patient visit.

Following approval of the ProMedica Defiance Regional Hospital community health needs assessment and implementation plan by the ProMedica Defiance Regional Hospital board of trustees, the execution of the ProMedica Defiance Regional Hospital implementation plan will be initiated, with at least annual updates of these plans provided to ProMedica Defiance Regional Hospital leadership, as well as the ProMedica Defiance Regional Hospital Board of Trustees.

Annual inclusion of a community benefit section in operational plans is reflected in the ProMedica strategic that is approved by the Board of Trustees, and monitored and reported to hospital leadership, at least annually.

As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in the needs assessment is inherent in the hospital budget and approved by the ProMedica Defiance Regional Hospital Board of Trustees.

X. ACCESS TO PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT AND OTHER RESOURCES

ProMedica Defiance Regional Hospital community health needs assessment is widely available in printable (pdf) form to the public on the hospital website at:

<https://www.promedica.org/Pages/about-us/default.aspx>

The Defiance County Health (Status) Assessment, as well as other county assessments, is available on the following Hospital Council of Northwest Ohio website:

<http://hcno.org/community/reports.html>

For feedback or any questions related to the ProMedica Defiance Regional Hospital community health needs assessment, or to request a hard copy of the assessment, please email:

cometothetable@promedica.org or call hospital administration at 419-783-4493.